

Wellness Programs



Your **SMART
BUSINESS** Moment™



Follow Through with the
Follow-Up

Follow Through with the Follow-Up

- If you say you'll investigate an issue and get back to a customer, do it. And do it quickly.
- Protect the postal brand by following through with what you tell customers you'll do. It shows empathy and concern.

Follow Through with the Follow-Up

Customers expect great customer service when they ship and mail with the Postal Service. Delivering on that promise helps build revenue.

And that's smart business.

Your **SMART**  **SAFETY** Moment

Dog repellent

Dog repellent

When “Stop!” doesn’t work, try Halt.

Dog repellent is effective only if used properly. Use it only when you’re being attacked. Spray repellent into the dog’s eyes. Don’t let the spray get into your eyes or on your skin. Keep dog repellent attached to your uniform or satchel.

Dog repellent

You can't always avoid dog attacks. A satchel and dog repellent are important tools for defending against attacks by dogs or other animals. Know how to use them.

And that's smart safety!

For additional information or guidance, contact your Safety Office.

What Does Wellness Mean?



Definition of Wellness

According to the National Wellness Institute, wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

Multidimensional

**Self-
Directed**

Positive

Affirming

**Constantly
Evolving**

Dimensions of Wellness

- Physical
- Emotional
- Occupational
- Social

- Financial
- Environmental
- Intellectual
- Spiritual

USPS Wellness Mission

To support the **overall** wellbeing of our **employees, retirees, and their families** through awareness, education, and access to better health options.



Health



Financial



Social



Career

Visit:

<http://liteblue.usps.gov/wellness>
for additional wellness information

Wellness Partners

Be the boots on the ground when it comes to wellness at the Postal Service!

Wellness Partners act as a liaison between the Wellness Team and your location by supporting wellness efforts to promote the four dimensions of wellness:

health, financial, social, and career.



Wellness Partners Sign Up

liteblue Human Resources

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Wellness Partners

Are you passionate about health and wellness? Do you find yourself naturally promoting an overall balanced lifestyle? Do you like sharing health and wellness information with your coworkers?

Then sign up to become a [Wellness Partner](#)!

Employees who have a balance at home, at work and personally are more effective employees.

Wellness is so much more than just what you eat and how much you exercise. Wellness is about your physical and emotional health, it's about your sense of financial security, it's about your connections with others and your community, and it's about how fulfilled you feel in your work. Wellness is not about sacrificing in one area in order to succeed in another. It's about finding a balance between all of these dimensions – **caring for the whole you.**



Go to ...

[USPS Benefits Information](#)

[Benefits and Wellness
Webinars](#)

[Wellness Toolkit](#)

Presentations

Huddles

Meetings

Conferences

Lunch and Learns

Interns

Sample Topics: Wellness 101, Taking Care of You, Work-Life Balance, Stress, Healthy Habits, Knowing Your Numbers, etc.

Wellness Toolkit

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Wellness Toolkit

The materials below are provided to support your overall well-being. The materials are divided into our four wellness dimensions — Health, Financial, Social, and Career along with our monthly wellness calendars and sample communications. All of the materials are branded with the USPS Wellness logo and can be printed to distribute throughout your work space.

Go to...

[Wellness](#)

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Webinars](#)

[Wellness Partners](#)

[Wellness Toolkit archive](#)



August Toolkit

[August Calendar](#)
[August Newsletter](#)


















[August Flyer](#)

Wellness Toolkit


**UNITED STATES
POSTAL SERVICE®**

Wellness

August 2021 Immunization Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 August is National Immunization Month. Are you and your family current with your immunizations?	2 	3 August is also Wellness Month! Let's focus on healthy habits, self-care, and managing stress.	4 	5 Making slight changes can impact your health in positive ways. Today, try increasing your water intake.	6 	7 Protect your skin from the sun. Use broad spectrum sunscreen with SPF of 15 or higher.
8 	9 Moving during the day has many physical and mental benefits. Start small and find ways to move that make you feel good.	10 	11 What does optimal wellness look like for you? How do you think you would feel? Write your wellness vision for yourself.	12 	13 	14 Have you been planning for your retirement? Email questions to Retirement@usps.gov .
15 Food gives you energy and cognitive clarity. Notice how you feel when you nourish yourself with a variety of nutritious foods.	16 	17 Deep breathing soothes the nervous system and calms your stress response. Try a guided deep breathing practice.	18 	19 Active Wellness - Do you have an emergency fund to pay for unforeseen expenses like home or medical needs?	20 	21 
22 	23 Listen to your body and mind and avoid burnout. Create small ways to better balance the different areas of your life.	24 	25 Enhance your mental wellness by reframing your negative thoughts into achievable action.	26 	27 Poor sleep quality and duration is linked to health concerns, depression, and higher body weight.	28 
29 The positive effects of reevaluating and maintaining healthy and meaningful relationships are endless.	30 	31 Even on challenging days, get a happiness boost by appreciating the good things in your life.				



A Note from your Occupational Safety and Health Team: Hearing Protection

Hearing loss is the third most common chronic physical condition in the U.S., and it is among the most common work-related illnesses. Workers experience occupational noise hazards each day. Did you know that within every industry, there are workers at risk for work-related hearing loss? Nearly all work-related hearing loss is permanent, and it can have a significant impact on quality of life, such as difficulty understanding others, cognitive decline, heart problems, and depression.

- Protect your hearing when operating machinery. If you need to raise your voice to talk to someone who is an arm's length away, the noise can be potentially harmful to your hearing.
- Most people don't feel warning signs (like pain or ringing in your ears) until their hearing is already damaged. If you think your ears can get used to the noise, think again. If loud noises don't bother you as much as they used to, this may mean that you've already lost some of your hearing.
- Reduce your noise exposure by taking breaks and reducing your time in noisy areas.
- Always wear hearing protection in noisy areas, and if using foam plugs, insert them correctly. Most of the foam body of the earplug should be within the ear canal.
- If you listen to music or something else, keep the volume at a safe level and only listen in areas that are not noisy.

Source: [Centers for Disease Control and Prevention](https://www.cdc.gov/disease/prevention)

Hearty Salmon Skewers over Brown Rice

This simple recipe requires a few ingredients for a quick, healthy meal.

Directions:

1. Cook rice according to package instructions and set aside.
2. Clean fish and pat dry. Cut salmon into 2 1/4-inch cubes and coat all sides with topping of kosher salt, freshly ground pepper, paprika, or any other desired spices.
3. Cut fruit into cubes and cut tomatoes in half. Set aside. Slide piece of salmon onto skewer, then tomato, then fruit. Repeat 3 times on each skewer or until skewer is full.
4. Heat 1/2 cup of canola oil in large skillet over medium-high heat for one minute. Place skewers in pan and turn every 2 minutes a side. Squeeze lemon on skewers as they are cooking. To serve, place 1/2 cup rice on plates and add 2 skewers on top. Squeeze a hint of lemon, if desired.

Calories: 333 Fat: 13g Sodium: 65mg Carbohydrate: 30g Protein: 24g Potassium: 510mg
Cholesterol: 61mg Calcium: 35mg Fiber: 3g

Contact us at: healthandwellness@usps.gov or visit our wellness page at <https://www.usps.gov/wellness> © 2021 United States Postal Service. All Rights Reserved.

Ingredients:

1 pound salmon
3 cherry tomatoes (2 ounces)
1 cup pineapple, cubed
2 cups cooked brown rice
1 lemon
Kosher salt, pepper, paprika, or desired spices
8 skewers

Nutrition Serving Size:
2 skewers with
1/2 cup brown rice

Source: U.S. Department of Agriculture.
[Choose My Plate](https://www.choosemyplate.gov)

Immunizations

Are they up-to-date?
Employees are encouraged to get recommended vaccine shots.

Vaccines, which are typically administered orally or as an injection, produce immunity against certain disease-causing organisms in your body. Employees should consult a doctor or health care provider to discuss which vaccines are appropriate for them including the COVID-19 and the flu vaccine. A complete list of vaccines can be viewed on the CDC website.

Shingles
(Herpes Zoster) a viral disease that can appear as a painful skin rash with blisters.

Influenza (Flu)
a contagious respiratory illness that can cause mild or severe illness.



COVID-19
Authorized COVID-19 vaccines can help protect you from COVID-19.

Hepatitis A & B
a viral liver disease that can cause mild to severe symptoms.

Tdap
protects against tetanus, diphtheria, and whooping cough.

Pneumococcal
a bacterial infection that affects the ears and sinuses, as well as, the bloodstream and can cause pneumonia.

Source: www.cdc.gov/vaccine

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General Wellness Videos



[Mindfulness Exercise – 1 Minute](#)

Practice the mindfulness exercise in this video to bring your focus into the present moment. This exercise only lasts a minute, so you can fit it into your busy schedule.

Related Links

[Cooking Videos](#)

[Exercise Videos](#)

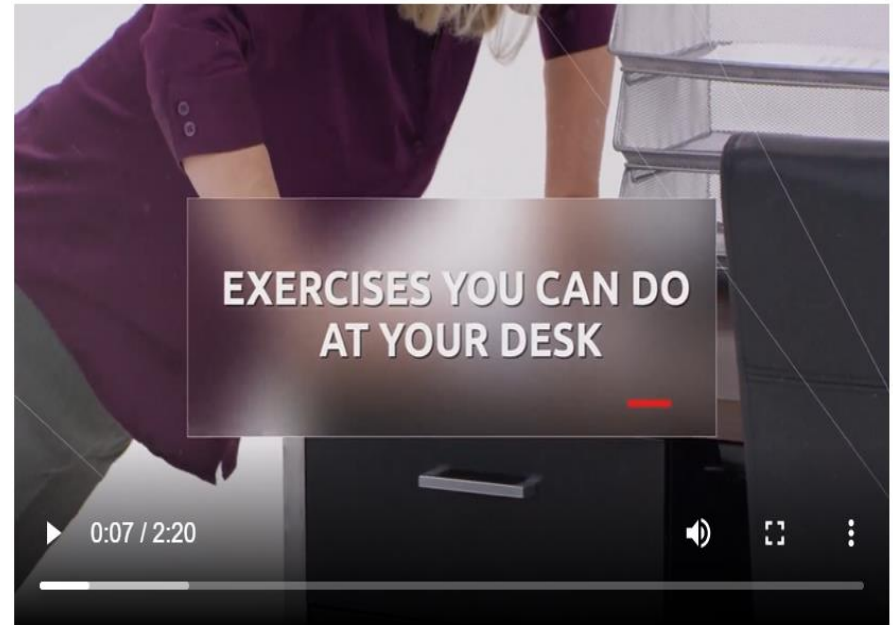
[Benefits](#)

[Wellness](#)

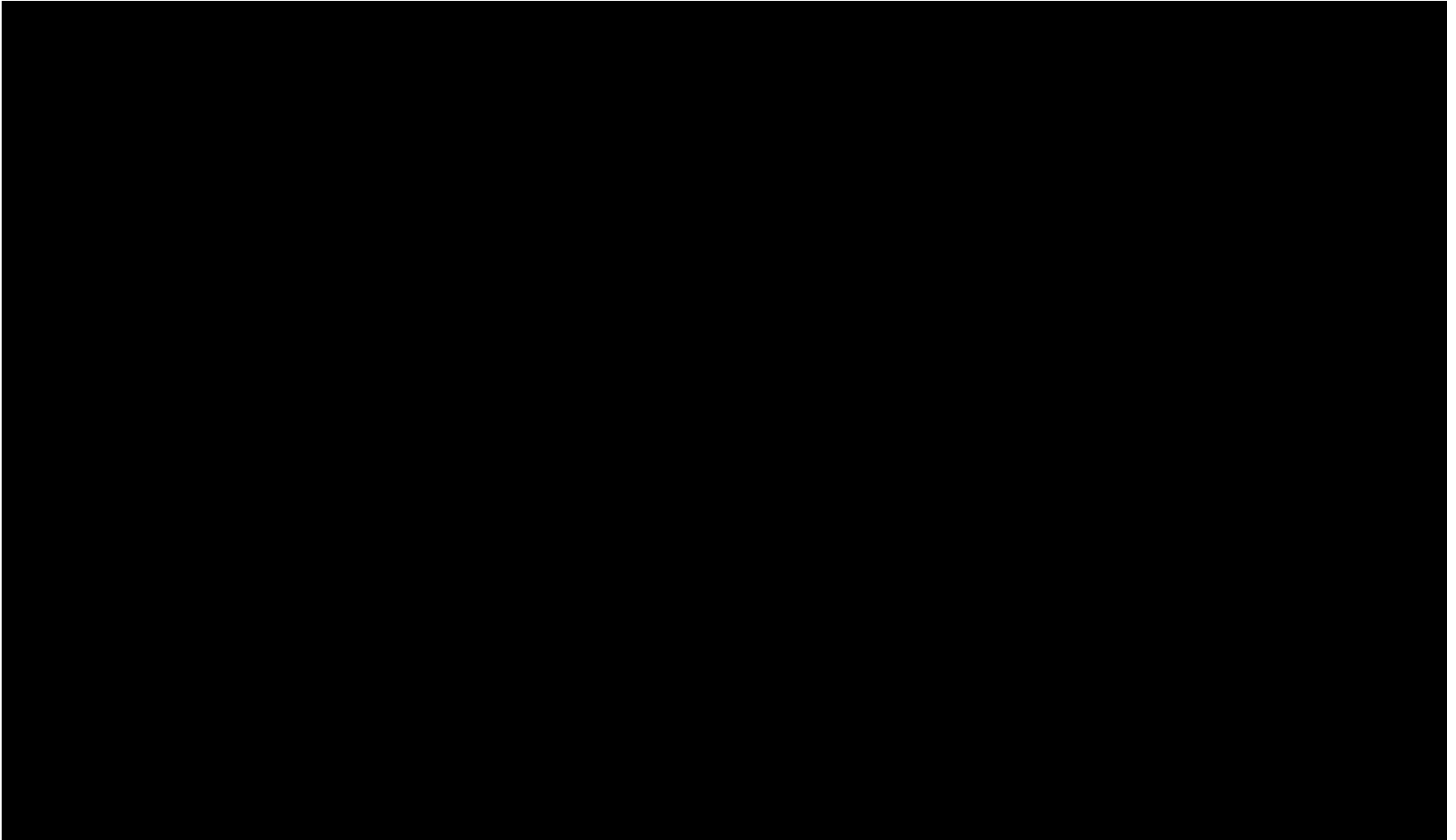


Wellness Videos

- Cooking Videos
- Exercise and Stretching Videos
- General Wellness Videos
 - Mindfulness
 - Financial Wellness
 - Healthy Education Topics



Wellness Videos



Webinar Basics

- Offered several times a month throughout the year.
- Advertised on LINK or email.
- A variety of wellness topics are covered by different professionals.
- If you register for the webinar, you will receive a link to an archived recording and the slides.

Sample Topics

- Managing Stress Eating
- How to Catch Better Sleep
- Fighting Inflammation
- Meditation
- Meal Planning for Health & Budget
- Allergies and Asthma
- Stress and Resilience
- Medicare/Retirement/Long Term Care

Classes

FOH WELLNESS & HEALTH PROMOTION SERVICES UNIVERSAL VIRTUAL GROUP EXERCISE SCHEDULE

JULY-SEPT 2021


Join LIVE classes (Time Zone: EST) by clicking on the class you would like to attend on the day and time it is offered. You can also join on the Zoom App (download at www.zoom.us) by entering Meeting ID and Password. All Levels Welcome. Classes are 30 minutes unless otherwise specified.

Click Below to Access All Classes:

[Virtual Live Classes Link](#)

Meeting ID: 930 6923 0274

Password: WHPSCCLASS


TIME	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM		Chair Exercise Sabrina		Yoga Flow Robin	
11:00 AM	Meditation Jen (20 minutes)		Ab Attack StacyDee	Les Mills BODYPUMP Angela	Zumba Quanda (45 minutes)
12:00 PM	Les Mills BODYPUMP StacyDee	HIIT StacyDee	Les Mills BODYPUMP Angela	HIIT StacyDee	Les Mills GRIT Roula
1:00 PM	Yoga StacyDee	Yoga StacyDee	Yoga Flow Robin	Dance Cardio StacyDee	Yoga Stretch StacyDee
2:00 PM		Meditation Aparna (20 minutes)		Meditation Aparna (20 minutes)	
4:00 PM		Les Mills BODYCOMBAT StacyDee		HIGH Fitness HIGH Low Susan (45 minutes)	
5:00 PM	Zumba Marissa	Zumba Marissa	Zumba Marissa		Zumba Roula
6:00 PM	Yoga Melissa (45 minutes)		Yoga Bara (45 minutes)		Yoga Jess (45 minutes)

By participating, I acknowledge that FOH, HHS, and Agency shall not be liable for any personal injury or property damage sustained by myself in connection with online programs. I hold FOH, HHS, Agency, and all contractors and employees of HHS harmless from any claims or action which may be brought against them for any personal injury or property damage arising out of use of online programs.













For questions or comments, contact SWCFitnessCenter@foh.hhs.gov


Effective 07.06.2021

Meditation



BENEFITS OF Meditation

 BRAIN EMPOWERMENT	 MIND FOCUS	 STRESS RELIEF	 REACH GOALS
 MOOD ENHANCEMENT	 SELF CENTERED	 BALANCE	 FEEL CONNECTED
 BOOST IMMUNE SYSTEM	 ANTIAGING	 HEALTHY HEART	 INCREASE ENERGY

MIND AND BODY HEALING 

USPS Meditation Class

- Meditation Class (20 Minutes)
- Tuesdays and Thursdays, 2:00 p.m. EST
- Instructor Aparna Sain
- Zoom:
[https://zoom.us/j/93069230274?pwd=MnZ0dYt0Yy92VWhabk5SWXlrS2ZVQT09 -](https://zoom.us/j/93069230274?pwd=MnZ0dYt0Yy92VWhabk5SWXlrS2ZVQT09-)
- Meeting ID **930 6923 0274** and Passcode:
WHPSCCLASS

Text Messaging



Sign Up for SMS Text Messaging!

Text messages will include important information related to benefits, wellness, financial education, and more.

To sign up, text **BENEFITS** to **21333**.

Centralized Funding for Development Scholarship Program (CFD)

The Centralized Funding for Development (CFD) Scholarship program is a method of funding training for high-potential non-bargaining employees. Funding is provided by HQ Human Resources.

- The application period occurs twice a year during January and July.
- The next opportunity to apply will be January 2022.
- Awarded funds can be used towards a degree or certification but must be in line with the mission and vision of the United States Postal Service and align with your personal developmental plan.

How to Prepare for Centralized Funding for Development Scholarship Program (CFD)

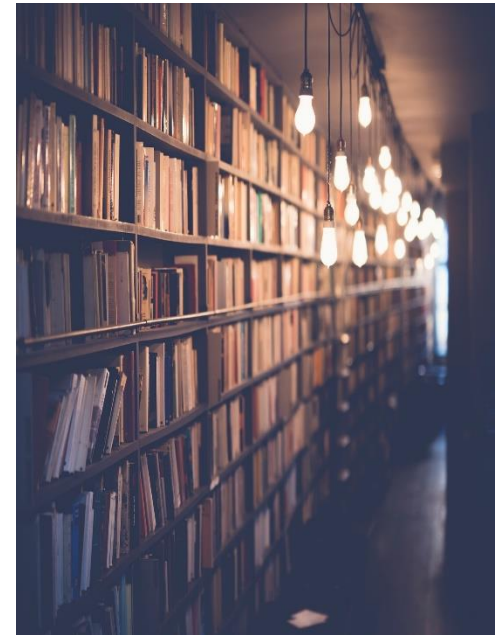
- Review and update your HERO profile
- Have a Career Conversation with your manager and ensure it is documented in HERO
- Establish a Development Plan
- Research schools that provide the degree or certification you are interested in
- Visit the Centralized Funding for Development Scholarship Program page for updates <https://blue.usps.gov/hr/training-development/non-postal-training-development/centralized-funding-for-development.htm>

Questions or concerns can be submitted to: nptandcfd@usps.gov

University Partnerships

The United States Postal Service has partnered with over 25 schools to provide discounted tuition rates for USPS employees.

- Some schools offer up to 50% off.
- Many schools offer flexible schedules to cater to adult learners.
- Some schools offer scholarships in addition to the discounted rates.
- Some schools are extending the scholarship opportunities to children and spouses of USPS employees.



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Sunday, August 8, 2021

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[Employee Deals home](#)

USPS Employee Deals

Employee deals offer discounts to goods and services in line with ethics rules. To comply with government ethics rules offers must meet one of the two exceptions: 1) if the employee discount is set forth as part of a national contract between the Postal Service and the deal offeror or 2) if the discount is offered to all federal government employees.

Submissions for new deals can be submitted to the Employee Deal Committee through the Manager Integration & Support of the Chief Human Resource Officer. Once a determination has been made concerning whether the proposed deal qualifies, the Employee Deals committee will notify the submitter in writing of its determination.

General

- 24 Hour Fitness
- AARP
- HP Products
- Maintenance, repair and operating supplies
- Pet insurance
- Sontiq

Phones

- AT&T Wireless
- T-Mobile Wireless
- U.S. Cellular
- Verizon Wireless

Self Development

- | | | |
|--|-----------------------------------|--|
| ■ American Intercontinental University | ■ DeVry University | ■ Purdue University Global |
| ■ American Military University | ■ Excelsior College | ■ Rasmussen College |
| ■ American Public University | ■ Grand Canyon University | ■ Southern New Hampshire University |
| ■ Capella University | ■ Indiana Wesleyan University | ■ Strayer University |
| ■ Cardinal Stritch University | ■ Judson University | ■ University of Arizona Global Campus |
| ■ Champlain College | ■ Liberty University | ■ University of Maryland Global Campus |
| ■ Colorado State University Global | ■ New England College | ■ University of Phoenix |
| ■ Colorado Technical University | ■ New England College of Business | ■ Walden University |
| ■ Columbia Southern University | ■ Peirce College | ■ Waldorf University |
| ■ Concordia University Irvine | | |

To learn more about the University Partnerships, please visit *LiteBlue* and select the link for employee deals.

The current list of participating schools and universities is located under Self Development.

Open Season

- November 8, 2021, to December 13, 2021
- Interest survey forthcoming
- More information soon
 - websites, mailers, LINK, toolkit, webinars, and CHECKBOOK



Retirement benefits email (retirementbenefits@usps.gov)

Keeping Posted (www.KeepingPosted.org)

Facebook (www.facebook.com/USPSKeepingPosted)

Webinars

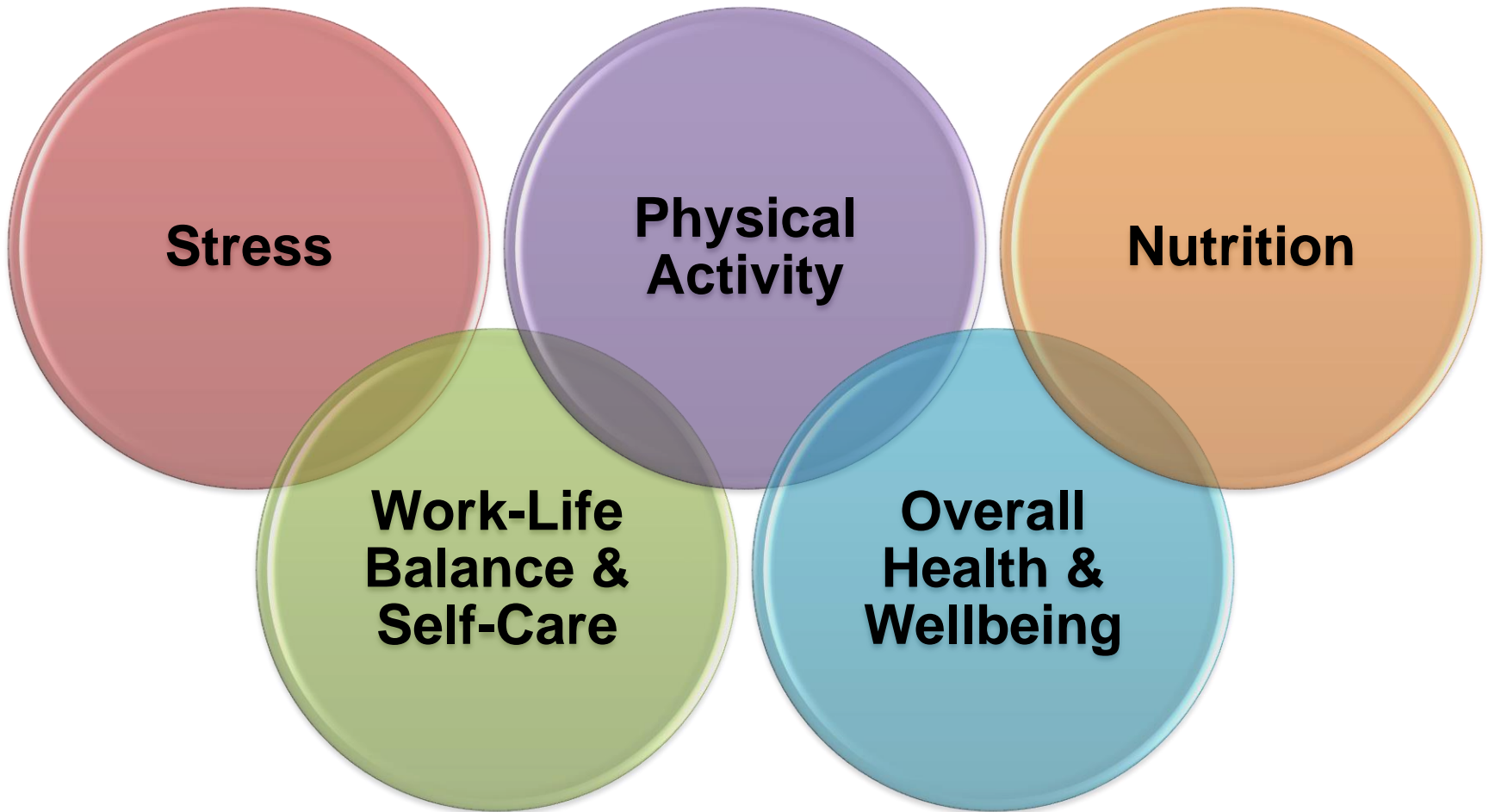
Text Messaging (RETIREE to 21333), Mailers, Newsletters

Outreach Overview

- Wellness Challenges
- Monthly Toolkit
- Webinars
- Virtual Classes
- Text Messaging
- Emails
- Website

- Stand Up Talks
- Scanner Messages
- Social Media
- Newsletters
- Link Articles
- Mailers
- Benefits

Common Concerns



Healthy Habits

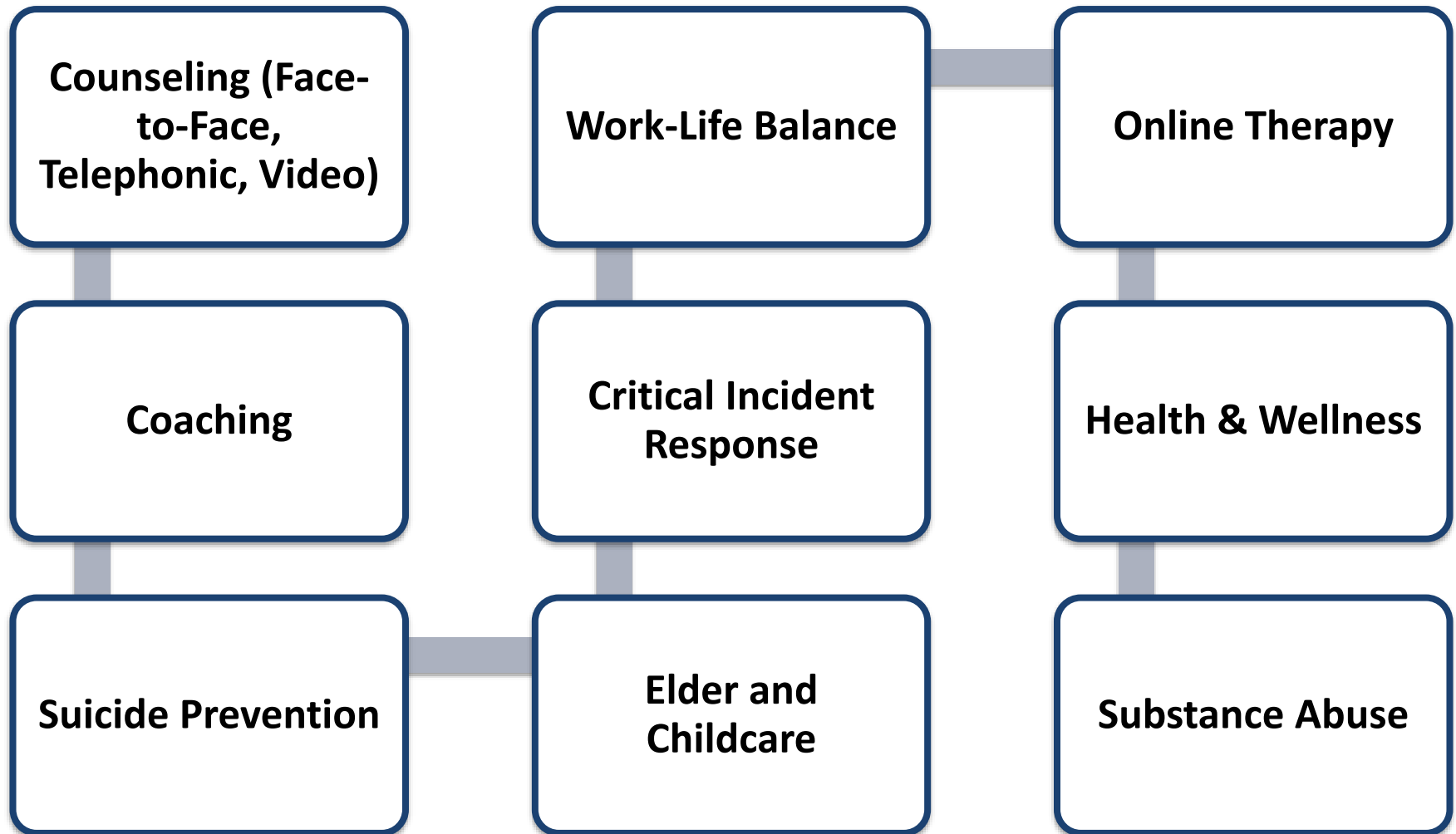


Wellness Strategies

- Create a schedule and establish boundaries.
- Set up your workspace to prevent ergonomic injuries.
- Take real breaks and microbreaks during the day.
 - Lunch, stretch, move around. Step away from your workspace.
- Incorporate daily physical activity and make it fun.
- Go outside.
- Get enough sleep (7-9 hrs.)

- Drink plenty of water.
- Eat healthy, well-balanced meals/snacks.
- Practice relaxation.
 - Deep breathing, meditation, stretching.
- Listen to music or read.
- Be creative.
- Laugh and connect with family and friends.
- Let go of things you can't control. Learn to say no.
- Be kind to yourself. Take time for self-care.

Employee Assistance Program



Employee Assistance Program (EAP)

Phone: 1-800-327-4968

(1-800-EAP-4YOU)

TTY: 877-492-7341

Website: www.EAP4YOU.com

Online Live Chats: 6:00 a.m. to 7:00 p.m. CT,
Monday through Friday

Self-Care

- Self-care is not synonymous with being selfish or self-indulgent.
- It means taking care of yourself and being balanced so that you can be healthy, care for others, perform your job, and do what you need to do each day.
- Self-care includes everything related to staying healthy, including hygiene, nutrition, and medical care. It encompasses the steps you can take to manage stress in your life and take care of your health and well-being.

Self-Care

**Care for
yourself one
small way
every day.**



**Every
person's
"healthiest"
self is
unique.**



**Our bodies,
feelings,
surroundings,
relationships, and
steps we take to
prevent disease
are all different.
Each has bearing
on our wellness, so
find the best ways
to improve your
own well-being.**

Worldwide Wellness Challenge



Take a virtual trip to better health and register for USPS® Worldwide Wellness challenge.

REGISTRATION BEGINS
Aug. 30, 2021

CHALLENGE RUNS
Sep. 13, 2021-Oct. 24, 2021

Worldwide Wellness Challenge

- 6-week interactive program that promotes healthy living
- Employees can use their personal, non-postal devices to log into the program website: usps.worldwidewellnesstoday.com or download the Worldwide Wellness app in the Apple Store or Google Play Store to:
 - ☐ Record physical activity and healthy behaviors
 - ☐ Access hundreds of delicious recipes
 - ☐ Get support from teams, buddies, and interactive message boards
 - ☐ Visit virtual attractions and learn about places around the world
- Participate individually or create teams of 4 to 5 members

Mindfulness Practice

Thank You & Questions



If you have questions or ideas, we encourage you to email the Wellness Team at:

HealthandWellness@usps.gov

Visit the USPS Wellness website
on LiteBlue®:

<https://liteblue.usps.gov/wellness>